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MORE TO LOVE
FOOD FUELS ROBERTS' JOURNEY ON FILM {page 8}

DIAMOND FARROW COUNTERS CAMPBELL CLAIM
METRO DISH {page 9}

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Tuesday, August 10, 2010
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Police probing infant's death

- The exact age of the child is not being released by police at this time
- Officials are treating the death as suspicious until an autopsy is complete

KRISTA SYLVESTER
@METRONEWS.CA

Calgary police are investigating after an infant boy died in hospital yesterday afternoon under suspicious circumstances.

Insp. Grant Miller said the investigation is in its early stages but confirmed both the homicide unit and child-abuse unit are involved.

"The incident was reported to police this morning by the Alberta Children's Hospital," he said, adding an autopsy will be conducted later this week.

"At this time, investigators are working to determine the events leading up to the child being brought to hospital."

No other details are being released at this time, he added.

China. Rains devastate northwest

▶ Rescuers and residents walk on a road covered by rocks and mud near a collapsed building after a mudslide triggered by heavy rains in Zhouqu county, in northwest China's Gansu province, yesterday.

THE ASSOCIATED PRESS

Thousands missing

Rescuers searched yesterday for an estimated 1,100 people left missing after rubble-strewn floodwaters tore through a remote corner of northwestern China, just one of a series of flood disasters across Asia. Story, page 4.

Dive right into your university education

- Frosh Week provides first-years a way to acclimatize to school life {page 14}

NHL

Arbitrator rejects Kovalchuk deal

- Ruling puts Russian sniper back on free-agent market {page 17}

Guantanamo

Khadr confessions admissible: Judge

- War-crimes trial set to start after months of legal wrangling {page 4}

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P100725	2010	GMC	1500 SIERRA	54 from	$27,785	$6,000.00	$17,936	$3,000.00	$1,500.00
P110005	2011	GMC	2500 SIERRA	10 from	$42,155	$2,500.00	$35,589	$0.00	$0.00
P100567	2010	GMC	ACADIA	10 from	$39,905	$2,000.00	$34,860	$1,500.00	$1,500.00
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AMVIC LICENSED

Clinic aids refugees with hep B

In an effort to educate newcomers to Canada about hepatitis, a Calgary health clinic has created a tailor-made education program for refugees.

Avnish Mehta of the Calgary Refugee Health Clinic said the program is about not only making sure clients are properly diagnosed, but that they understand how to treat their aliment.

"As they are identified as one of those patients with hepatitis, then they'll be placed into our program," he said.

"It's something as simple as ... if I don't feel sick, how am I sick?"
AVNISH MEHTA, CALGARY REFUGEE HEALTH CLINIC

While each type of hepatitis requires different treatments, those with hepatitis B often don't show symptoms. More than 80 patients have been diagnosed with hepatitis B at the clinic.

"We'll be able to create a treatment plan as to how we're going to identify and make sure that that patient is receiving the treatment that they need," he said.

Mehta said refugees often have so many things to deal with, including finding housing and employment, that their medical needs can fall by the wayside.

"It's educating them not only on the aliment itself but on the (health care) system as a whole."

KATIE TURNER

KATIE TURNER/FOR METRO CALGARY

▶ The Calgary Refugee Health Clinic has launched a program to educate those affected with hepatitis B.

Are tourists really rethinking Alberta?

Poll by Angus Reid suggests Rethink Alberta's campaign may affect tourism But Travel Alberta says tourist numbers haven't been affected by the campaign

KATIE TURNER
CALGARY@METRONEWS.CA

The province's tourism industry is fighting back against a controversial anti-Alberta campaign

In mid-July Rethink Alberta, an American group of environmentalists, released a damning YouTube video targeting Alberta's oilsands.

Pollsters at Angus Reid asked 4,000 people from Britain, the United States and Canada if they would consider visiting Alberta, with 49 per cent of Americans and 54 per cent of Britons saying yes.

After respondents viewed the video, those numbers dropped down to about 25 per cent, according to Angus Reid.

"They're just trying to use the tourism industry to get attention for their cause. ... The first thing they threw under the bus was truth."
CINDY ADY, MINISTER OF TOURISM

"They're just trying to use the tourism industry to get attention for their cause," said Minister of Tourism Cindy Ady. "The first thing they threw under the bus was truth."

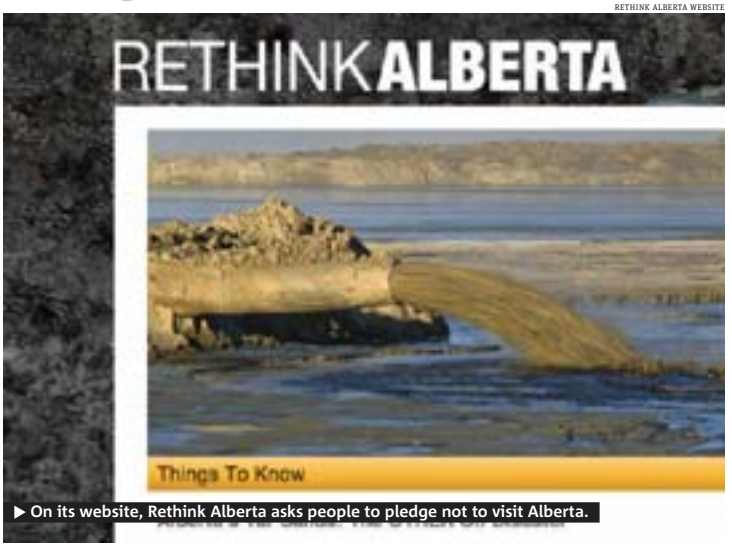
She said the province is launching a counter attack. The provincial government has dedicated around $268,000 to their promotional campaign.

"We're not going to sit back on this, we'll be out there," she said.

Don Boynton, a spokesperson for Travel Alberta, said the campaign has not been working.

"It is not having the impact that I would think the campaign organizers had hoped for," he said.

RETHINK ALBERTA WEBSITE



▶ On its website, Rethink Alberta asks people to pledge not to visit Alberta.

Say hello to new mailboxes

Calgarians will notice a new look to Canada Post mailboxes in the fall.

New boxes with a busy pattern meant to deter graffiti will replace old boxes in Calgary by the end of the year, according to Canada Post spokesperson Teresa Williams.

"The new mailboxes also have a new coating that will help it clean up easier. And the new design of postal codes in different fonts means graffiti won't stand out as easy," she said.

The new boxes are already in use in other Canadian cities including Edmonton and Toronto.

KRISTA SYLVESTER

25 The number of pieces of mail a mailbox must get daily, on average, to avoid being removed.

CANADA POST

▶ The new normal, by the end of the year.

News in brief

Crews battle northeast blaze

GARAGE. Fire crews battled a northeast garage fire yesterday afternoon.

Crews were able to contain the fire to the rear detached garage and save the house and the surrounding area at 6848 – 8 Ave. NE. The house was under renovations at the time. The homeowner accidentally ignited the fire when he lit some spilled gas with a cigarette. There were no injuries. METRO CALGARY

Keep eyes out for fugitives

CRIME. Authorities want Albertans to be on the lookout for American fugitives John McCluskey and Casslyn Welch, who officials believe are headed to Canada. METRO CALGARY

1 news

News on the move

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Khadr confessions allowed, trial to start

Rulings come after Canadian man's lawyer formally entered not-guilty pleas on all charges

The judge presiding over Omar Khadr's war-crimes case cleared the way for the U.S. military trial to proceed by ruling yesterday that confessions the Canadian made can be used as evidence against him. In making the ruling, Col. Patrick Parrish rejected defence arguments that Khadr's statements were the product of torture.

"The motion to suppress the accused's statements is denied," Parrish said.

The judge also decided a video showing a teenage Khadr making explosive devices in Afghanistan could be entered as evidence. The decisions end months of bitter wrangling between defence and prosecution over the confessions and set the stage for the first war-crimes trial under U.S. President Barack Obama.

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Omar Khadr faces five war-crimes charges, including allegedly killing a U.S. special-forces soldier by throwing a hand grenade in Afghanistan in July 2002 when he was 15 years old.

Yesterday, Khadr's Pentagon-appointed lawyer said the threat of rape and death by a one-time interrogator should render his client's confessions as coerced and unreliable. THE CANADIAN PRESS

JANET HAMLIN, POOL/THE CANADIAN PRESS

▶ In this photo of a sketch by courtroom artist Janet Hamlin, Canadian defendant Omar Khadr attends his hearing in the courthouse for the U.S. military war crimes commission at Guantanamo Bay U.S. Naval Base in Cuba, yesterday.

Brit walks entire length of Amazon river

After 859 days, thousands of miles and "50,000 mosquito bites," Ed Stafford became the first man known to have walked the entire length of the Amazon river when the waves of the Atlantic Ocean lapped at his feet in northern Brazil yesterday.

While he says he is "no eco-warrior," Stafford told The Associated Press near the end of his journey that he hoped his feat would raise awareness of destruction to the Amazon rain forest — but that at its heart, it was simply a grand expedition of endurance.

PRESS CONTACT: KEITH DUCATEL/THE ASSOCIATED PRESS

▶ In this November 2008 photo released by Press Contact yesterday, Ed Stafford of England walks through Peru during his journey along the Amazon river.

Stafford and a British friend began the walk on April 2, 2008, on the southern coast of Peru. Within three months, his pal left. Stafford carried on, walking bits of the route with hundreds of locals he met along the way. Eventually, Peruvian forestry worker Gadiel (Cho) Sanchez Rivera, 31, decided to make the journey with Stafford to the Atlantic.

Stafford said his journey — which has cost $100,000 and is paid for by sponsoring companies and donations — has deepened his understanding of the Amazon and its deforestation.

"I think the average Brazilian is a lot more environmentally conscious than the people in power. I'm optimistic, I'm not pessimistic," he said. THE ASSOCIATED PRESS

Endurance tale

- **Provisions** Stafford has lived off piranha fish, rice and beans, and store-bought provisions from communities on the river.
- **Dangers** Stafford and Rivera encountered every conceivable danger, including 5.5-metre-long caiman crocodiles, enormous anaconda snakes, illness, food shortages and the threat of drowning.

Rain, floods spread despair in Asia

Rescuers lifted muddy bodies into trucks in a remote Chinese town where hundreds died and more than 1,100 were missing from landslides caused by heavy rain that has flooded swaths of Asia and spread misery to millions.

In Pakistan, the UN said the government's estimate of 13.8 million people affected by the country's worst-ever floods exceeded the combined total of three recent megadisasters — the 2004 tsunami, the 2005 Kashmir earthquake and the 2010 Haiti earthquake. THE ASSOCIATED PRESS

Pickton interrogation released

Robert Pickton played a cat-and-mouse game with police interrogators, telling them that he had "one more planned," and suggesting he might be willing to tell them more.

But an expert on serial killers cautioned against putting too much faith in anything Pickton might have promised, saying psychopaths routinely lie.

The video of Pickton's 11-hour interrogation by police was made public yesterday and in it, he comes close to a full confession.

"I had one more planned, but that was, that was the end of it. That was the last I was gonna shut it down, that's why I was just sloppy. Just the last one," Pickton told Staff Sgt. Don Adam. THE CANADIAN PRESS

Cities seek extension of stimulus deadline

Canadian cities are calling on Ottawa to extend its deadline for some stimulus projects in response to a report showing up to half a billion dollars of infrastructure funds could go unspent, or dropped on municipalities' laps.

The parliamentary budget officer, Kevin Page, says many projects in the government's heavily hyped $4-billion Infrastructure Stimulus Fund were slow getting off the mark and many are dragging on longer than expected. THE CANADIAN PRESS

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China closes plants

China has ordered 2,087 steel and cement mills and other factories with poor energy efficiency to close as the country struggles to improve its battered environment.

There are thousands of small, outdated paper mills that authorities have been reluctant to close for the sake of jobs and tax revenue.

THE ASSOCIATED PRESS

HP shares fall after CEO's resignation

Analysts 'surprised and disappointed' at sudden move S&P lowers 'Buy' rating for company

Shares of Hewlett-Packard Co. tumbled yesterday in the first trading day following CEO Mark Hurd's sudden forced resignation Friday from the world's largest technology company.

Hurd stepped down from the post following allegations that he falsified expense reports to conceal a relationship with a former contractor.

HP's shares fell $3.50, or 7.6 per cent, to $42.81 in morning trading. The stock has lost more than 16 per cent so far this year.

Under Hurd, HP spent more than $20 billion on acquisitions and cut more than 40,000 jobs as he helped transform the company from a computer and printer maker dependent on ink sales for profits, to a well-rounded technology leader with a broad range of hardware and business services offerings.

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Mark Hurd

"We are frankly surprised and disappointed as Hurd was a strong leader and helped transform HP into a leading player," said Kaufman Bros. analyst Shaw Wu in a note to investors. But, he added, HP's "culture of winning" that Hurd helped shape will likely remain intact.

Standard & Poor's equity analyst Tom Smith, however, cut his investment recommendation on HP's shares to "Buy" from "Strong Buy" and said the events add uncertainty to what's been a "generally strong management story." THE ASSOCIATED PRESS

Sun Life names Quebec president

Sun Life Financial Inc., Canada's third-largest insurance company, has appointed former Montreal Board of Trade president and CEO Isabelle Hudon to head the insurer's Quebec operations and boost its presence in the province.

THE CANADIAN PRESS

Market moment

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GIRLS GONE BRIDAL: IT'S GETTING TIRED

She says ...

JESSICA NAPIER

If you are a female in your mid to late 20s and are a relatively social creature, you have undoubtedly been invited to a bachelorette party this year.

During this unavoidable rite-of-passage, a group of smart and interesting ladies will douse themselves in body glitter, throw on pink plumed feather boas and transform into a screeching gaggle of drunkards.

A couple of weeks ago, I was invited to such an evening to celebrate the nuptials of a friend of a friend. I reluctantly agreed.

In my experience, almost every bachelorette party (including the one I attended that night) goes a little something like this: Gather a group of 15 of your closest (willing) girlfriends, pile into a stretch Hummer limousine and cruise through the downtown while screaming "woohoo" out of the sunroof en route to your nightclub of choice.

The bride-to-be inevitably selects a typically trendy venue for her sayonara to singlehood where her eager friends will endure a long line-up and an outrageous cover charge all in the name of friendship. Once drinks are in hand, the bridal party will sashay to the dance floor where they are immediately surrounded by cologne-soaked predators who encircle their prey, instinctively drawn to the glittering gems on their bedazzled tank tops.

"I'm not sure what I was expecting when we ordered an exotic male dancer from a company that referred to its entertainment as 'klassy.'"

After midnight, the bride passes off her stilettos to an inebriated bridesmaid and climbs barefoot atop a nearby table. She begins to belt out a sloppy rendition of Pour Some Sugar on Me before clumsily falling down and being escorted out of the bar by her entourage for a late-night slice of pizza.

In case you were wondering, bachelorette parties in the suburbs are not that much better.

Last year, I hosted a bachelorette-themed girl's night in honour of a newly married friend. I served the requisite fruity martinis with novelty penis straws, baked phallic-shaped pastries for party guests to nibble on suggestively and even designed customized bachelorette drinking games.

Later on in the evening, I cringed while watching a partially nude 30-something man with a questionable spray-tan gyrate around my parent's living room (sorry Mom — I swear he didn't touch the furniture) while my girlfriends emitted high-pitched screams of laughter. I'm not sure what I was expecting when we ordered an exotic male dancer from a company that referred to its entertainment as "klassy," but after his hour-long sexy-officer-of-the-law routine, I vowed never to host such a party again.

Cartoon

MICHAEL DE ADDER

An exercise in trust

Worth mentioning

Peacemaker

TORSTAR NEWS SERVICE

In a historic first for Cold War adversaries, U.S., Canadian and Russian military officers directed fighter jets and ground controllers to test how well they could track an international terrorist hijacking over the Pacific Ocean.

A chartered American jet code-named Fencing 1220 sent a mock distress signal shortly after taking off from Anchorage, Alaska, on Sunday, triggering a pursuit by at least seven fighters and a flurry of radio and telephone calls between military and civilian officials on both sides of the Pacific.

Their goal: To ensure that two militaries still distrustful of each other can work effectively tackling a terror threat that worries both nations.

Canadian Forces Col. Todd Balfe acknowledged it may seem "incongruous" that the exercise took place amid tension between his country and Russia over recent Russian bomber flights probing the northern boundaries of Canadian airspace. But with al-Qaida at the front of North American minds and Russia dealing with threats from Chechen rebels, terrorism transcends national boundaries, and exercises like this could lay the foundation for co-operating on other issues as well, Balfe said. THE ASSOCIATED PRESS

What's the better pet — dogs or cats?

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at Fort Calgary

COURTESY OF ELIZA POTTER, FORT CALGARY

▶ Fort Calgary's garden.

Want to know what your garden can grow? Check out Fort Calgary's 10,000-square-foot community garden and see for yourself.

"We grow a little bit of everything — root crops, greens, herbs, beans, corn, cucumbers — in order to demonstrate what can be grown in Calgary," said garden co-ordinator Eliza Potter.

The garden — which produced 3,000 pounds of produce last year — also includes some of the plants that North West Mounted Police would have grown 100 years ago, Potter said.

The garden, just behind Fort Calgary's main building on 9 Avenue SE, is open to the public Monday through Friday from 9 a.m. to 4 p.m. BRETTE EHALT

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2 scene

Food fuels Julia's emotional journey

Actress put on the pounds for Eat Pray Love ◆ Director Ryan Murphy shot movie in chronological order

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Julia Roberts wants to clear up one thing about the making of Eat Pray Love.

Director Ryan Murphy has been telling folks his lead actress put on 10 pounds during production — specifically during the food-heavy Italian leg of their around-the-world trip — but Roberts insists that's an exaggeration.

"Ryan keeps telling people I put on 10 pounds. It was a little less than that," she tells Metro. "But I loved every pound. And everybody says, 'Oh, it's going to drop right off in India,' but I didn't get that memo. That did not happen."

To properly recreate Liz Gilbert's journey of self-discovery from her home in New York to Rome, India and Bali, Murphy and Roberts set out to shoot Eat Pray Love in order, something most movies can't afford to do. "For me, it was a great luxury to shoot it in chronological order," Roberts says. "It was almost a necessity of emotional evolution. And you can't start any movie in Bali and then leave."

The role also proved to be an intense internal journey for Roberts. "This was one of the first situations I'd been in that did call for a lot of emotional availability," she admits.

The actress, now happily married with three young children, found her own family a comfort during the soul-searching shoot. "It was definitely great to have a fulfilled sense of my own life, and to be playing some of these scenes and come home at the end of the day and say, 'OK, good. Everybody's here, we're good.'"

"They did go to great, elaborate pains to make amazing food that I had to eat endlessly in the heat." JULIA ROBERTS

Not surprisingly, though, the conversation keeps coming back to the food. "There was this one plate of pasta that was actually, all other circumstances removed, delicious pasta — super-simple spaghetti with a little tomato sauce. It was delicious."

But the culinary memory that stands out the most for Roberts didn't happen in Rome. "We went to Naples to where she had eaten that pizza and got there at eight in the morning, sat down to shoot and proceeded to start my day with eight entire slices of pizza in 45 minutes," Roberts says. "So the deliciousness of something wears a tiny bit after piece seven — just because you're speed-eating. But that scene in particular I sort of relished just wolfing it down. And I would eat an entire slice in a take. I don't know why I thought that was a great idea."

SUBMITTED PHOTO

▶ Javier Bardem and Julia Roberts star in Eat Pray Love, opening in theatres Friday.

News in brief

1

2

1 Justin Bieber is the latest high-profile pitchman for the skin-care product Proactiv. Bieber joins the likes of Jessica Simpson, Avril Lavigne and Mandy Moore in promoting the product.

THE CANADIAN PRESS

2 Anna Nicole Smith's bodyguard testified yesterday he discussed a scheme to sell pictures of Smith's newborn baby for $1 million US.

THE ASSOCIATED PRESS

John Lennon's killer seeks parole for sixth time, Yoko says he's still a threat

GETTY IMAGES

▶ Eat Pray Love author Liz Gilbert.

Real Gilbert like a 'warm hug'

In Eat Pray Love, Julia Roberts takes on the role of the book's real-life author, Liz Gilbert.

And while having the person you're portraying alive and available is a heck of a luxury for an actress, Roberts was keen on putting her own stamp on the character before meeting the genuine article.

"I was worried about actually falling too in love with her, that I would try to be her as opposed to just interpret her as an actor," Roberts says. "That's why I didn't want to meet her until we had done so much I couldn't change it."

Instead, Roberts turned to director and co-writer Ryan Murphy for cues on characterization. "The first step that I took was putting my complete and total trust in Ryan, which was one of the smarter things I've ever done in four years," Roberts says. "I knew that his paper interpretation of her that he gave me as my reference was all that I would need."

And it turns out Roberts' fears of falling too in love with Gilbert were well-founded, as she discovered when Gilbert visited the production while it was shooting in Rome. "She was a delight," the actress gushes. "She's like a warm hug the second you lay eyes on her."

NED EHRBAR

Model bragged about diamond, Farrow testifies

Actress contradicts Naomi Campbell's assertion that she didn't know the gift was from Liberian president and war criminal Charles Taylor

Naomi Campbell told Mia Farrow that she received a "huge diamond" from the former president of Liberia, the actress said from the witness stand yesterday, contradicting the model's testimony that she didn't know the value of the gift from accused war criminal Charles Taylor.

The prosecution called Farrow, and Campbell's former agent Carole White, to testify about uncut diamonds that Taylor allegedly gave the model after a September 1997 party they all attended that was hosted by then-South African president Nelson Mandela.

Prosecutors have pulled the celebrity witnesses into Taylor's trial hoping they will show Taylor was in possession of at least one "blood diamond" – stones sold to fund wars. Prosecutors say Taylor traded guns to rebels in neighbouring Sierra Leone in exchange for uncut diamonds during Sierra Leone's 1992-2002 civil war, which left more than 100,000 dead in the West African country.

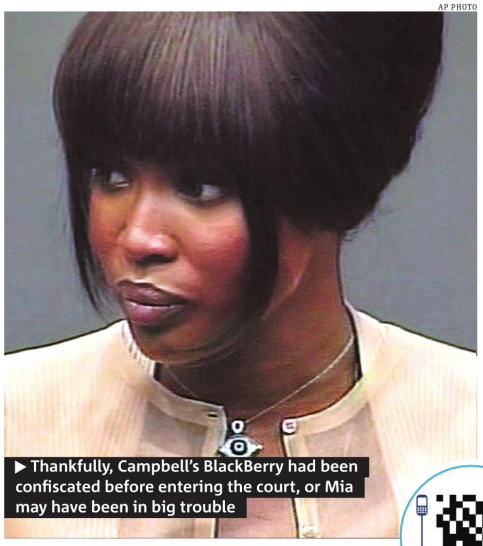
Campbell, who resisted appearing before the court for months, testified under subpoena Thursday that she was given several small stones by men she didn't know after the dinner in Pretoria. The British model said she hadn't known they were diamonds nor who had sent them, and suggested that Farrow had commented at breakfast the next morning that they were probably diamonds from Taylor.

She testified that Campbell had told other guests over breakfast in 1997 she had received a large gem from Taylor. She said Campbell said she planned to give it to charity – the Nelson Mandela Children's Fund.

The defence lawyer said Farrow's testimony is not credible, given that it contradicts the known number of the diamonds and involves events from a single breakfast 13 years ago.

"Either Mia Farrow is lying, for her own reasons, or alternatively she is totally mistaken," Griffiths said. THE ASSOCIATED PRESS

AP PHOTO



▶ Thankfully, Campbell's BlackBerry had been confiscated before entering the court, or Mia may have been in big trouble

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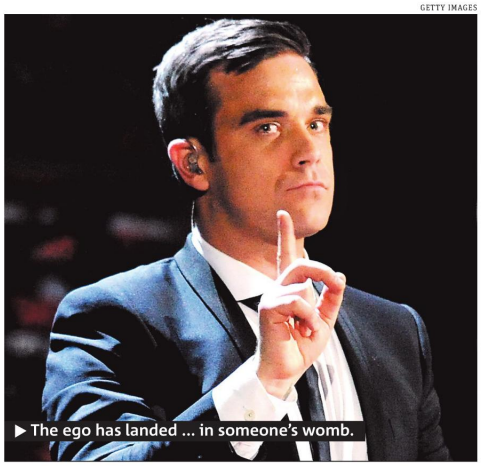
ScanLife

Baby for pop newlyweds?

After his surprise wedding over the weekend, Robbie Williams is fueling speculation that he and new bride Ayda Field are expecting, according to Exposay. Sources say Williams has invited friends and family to a second mystery event at Field's mother's house, and that many expect that party to be a baby shower. Also, while celebrating their wedding at his Beverly Hills home, Williams reportedly showed off the latest addition to the house, a "room specifically intended to be a nursery." METRO WORLD NEWS

GETTY IMAGES



▶ The ego has landed ... in someone's womb.

Quick hits

Your daily dose of Dish in bite-sized pieces.

1 Jason Bateman recently said he's keen on having Jennifer Aniston in the planned Arrested Development movie, but how does the former Friends star feel about the idea? "I love it. I actually think I might have asked him if that was possible," Aniston tells MTV News.

2 Emma Thompson is not exactly the biggest Audrey Hepburn. In fact, she's thrilled to be working on a new version of My Fair Lady because Hepburn's performance wasn't up to snuff, she tell the Telegraph.

METRO WORLD NEWS

AP PHOTO

▶ Lindsay's family is picking up the slack while the actress is locked away in rehab and can't torture people in person.

Lohan assistant losing her mind

Lindsay Lohan's assistant probably had no idea her job would actually get harder while her boss is locked up in rehab, but that's exactly what's happened for the woman known only as Eleonore, sources tell TMZ. The long-suffering assistant is reportedly "miserable," "super-stressed" and "incredibly worn out" these days because while Lindsay is in rehab, her mother, Dina Lohan, and younger sister, Ali Lohan, have been keeping Eleonore plenty busy with endless errands and requests. METRO WORLD NEWS

The Assistant Diaries

▶ Eleonore joins a long list of employees who have incurred the unseemly demands of the Lohan clan. Back in June, Eleonore quit her job, claiming exhaustion and that she "had enough of Lindsay's demands."

Celebrity tweets

Sarah Silverman [@SarahKSilverman] For very good & for very bad, success seems to come from an abundance of nerve.

Kirstie Alley [@kirstiealley] Baby raccoon at my back door.. Lol... Gotta put out a little snack for him....

Justin Bieber [@justinbieber] just heard U SMILE on the RADIO!!! WOOOHOOO!!! Thanks to Melissa the girl on the radio who requested!!

Russell Brand [@rustyrockets] I have been watching Fox News for six hours and there has been no news about foxes

METRO WORLD NEWS

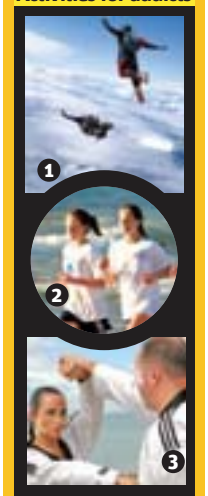
Talking points

Perry takes a shot at her ex in new song

YOU OUGHTA 'NO'. Katy Perry is reportedly going after ex-boyfriend and former Gym Class Heroes singer Travis McCoy in a track on her new album, according to Billboard magazine. The song, Circle the Drain, includes the lyrics, "Thought I was the exception/ I could rewrite your addiction/ You could have been the greatest/ But you'd rather get wasted." Perry dated McCoy throughout 2008 before meeting fiancé Russell Brand. "It's kind of like my You Oughta Know, Alanis Morissette moment," Perry said when describing the song. METRO WORLD NEWS

3 life

Activities for addicts



1 Sky Diving: Addicts need to channel adrenaline someplace else, skydiving is a sport that provides a huge adrenaline rush.

2 Running: Running releases the brain's pleasure chemicals, endorphins, leading to what is known as a 'Runner's high.'

3 Boxing: Punching, into a beanbag or into the air can feel liberating and help remove feelings of stress or frustration caused by giving up an addiction.

ROMINA MCGUINNESS

Doctors call for clampdown on 'snake oil' health claims at hyperbaric clinics

Robert Palmer wasn't far from the truth when he belted out the lyrics to his song, "might as well face it you're addicted to love" in 1986 An addiction can take any form. Whether it's the high from winning a bid on eBay, doing a line of cocaine or eating a bag of Doritos, addiction is an illness with huge social, mental and physical implications

FLICKR CC DOUG88888

Gimme more

ROMINA McGUINNESS
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METRO WORLD NEWS IN LONDON

ADDING UP ADDICTION

London based psychotherapist Marisa Peer defines addiction as "anything that moves the brain away from a bad or negative feeling, to a good one." We're not just dealing with substances, but anything that affects the pleasure centres of the brain. Activities such as gambling, shoplifting or online shopping are common addictions.

Peer believes that there is no one theory to explain why one person will be more predisposed to developing an addictive behaviour than another. Metro speaks to addiction experts to find out why some of us just can't seem to get enough.

SUBSTANCE OVER SUBSTANCE

Paul J Kenny, Associate Professor of the Department of Molecular Therapeutics at the Scripps Research Institute in Florida, found that compulsive eating shared the same addictive biochemical mechanism as drug abuse.

For the study he separated a group of rats into three categories, group one had no access to junk food, group two had limited access (one hour a day) and group three unlimited access to anything fatty and high in sugar or salt such as bacon, icing or cake. "Unlimited and extended access to junk food causes a shift in brain activity, leading to compulsive eating habits," explains Kenny. The brain is designed to register pleasure, triggered by both drugs and junk food.

If addicted

Whatever it is someone is addicted to, for it to end it must be cut out completely, or abstained from for several months, maybe even years. The best is to transfer this addictive compulsion to something much healthier, such as focusing on living a healthy lifestyle, exercise or work.

THE LESSER OF TWO EVILS

Similarly, Peer observes that refined white sugar and caffeine have the same effect on the pleasure centres of the brain as opium and nicotine.

"Sugar, caffeine and dairy are highly addictive," she says.

The thing all these foods have in common is that they have all been chemically refined.

LET'S GET PHYSICAL

The unsavoury subject of sex is something most addicts are ashamed to speak about, making it that much harder for them to reach out for help.

Dr, Drew Pinsky is an expert in sex addiction, having appeared on TV shows such as Celebrity Rehab and Oprah.

Recent sex scandals involving celebs have led us to wonder, 'how does one become addicted to sex?'

Pinsky believes emotional or physical abuse as children is something many sex addicts have in common.

'It's the high'

One of Peer's clients is addicted to shoplifting even though, ironically, she is extremely wealthy. "Money isn't the issue, it's the high that comes with it and the adrenaline rush she gets from getting out of the store without being caught, these people are often hoarders, storing piles and piles of things in their homes," explains Peer. "You could put this need to consume down to a feeling of emptiness, a void people need to fill but the same goes for winning a gambling bet or a bid on eBay."

Finding the life you really want to live

CELIA MILNE
WELLNESS@METRONEWS.CA

Do you ever feel stuck in your life? The same thing happened to Dr. Susan Biali. At 28, she was beautiful, smart, thin, highly accomplished … and totally miserable.

Dr. Biali had spent 11 years in university, earned a medical degree, and was working on an emergency medicine residency in Vancouver. These accomplishments pleased others, but not herself. She sank into depression.

When she finally took a break from medicine, she realized what she really wanted to do with her life: flamenco dancing and writing. Sound crazy? So what! After much soul-searching and hard work, Dr. Biali has put her dreams into action: She's now not only a doctor, but also a professional flamenco dancer and writer.

Dr. Susan Biali

"Anything is possible and amazing things happen when you take small steps that honour a dream or passion," Dr. Biali tells Metro.

She has written a book to inspire others, called Live a Life You Love. It charts seven steps to a healthier, happier and more passionate you.

Her advice? If you want to change your life for the better, don't listen to the non-believers. "If you dream of doing something, go for it," Dr. Biali writes.

Creative self

What does creativity have to do with health?

Dr. Susan Biali, in her new book Life a Life You Love, explains that a balanced, happy, healthy life depends on nurturing your inner, creative self. Draw, paint, dance — do the things you loved to do when you were little.

Beautiful to look at & eat

With fresh, ripe tomato varieties on the market, right now is the perfect time of year to serve your guests a delicious Roasted Heirloom Tomato Tart

Ingredients:

- 8 red or striped heirloom plum tomatoes (about 625 g/1 1/4 lb)
- 250 ml (1 cup) yellow teardrop or cherry tomatoes (about 300 g/10 oz), halved lengthwise
- 30 ml (2 tbsp) extra-virgin olive oil
- 1 clove garlic, minced
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) pepper
- 1 sheet (from 450-g pkg) frozen butter puff pastry, thawed and cold
- 1 egg, beaten
- 250 ml (1 cup) shredded Gruyere cheese
- 10 ml (2 tsp) chopped fresh thyme or oregano (or 2 ml/1/2 tsp dried)

Preparation:

1. Line 2 rimmed baking sheets with parchment paper or leave ungreased; set aside.
2. Cut red tomatoes cross-wise into 1-cm (1/2-inch) thick slices. In a bowl, gently toss together red and yellow tomatoes, oil, garlic, salt and pepper; spread on one of the prepared pans. Roast in 200 C (400 F) oven until slightly charred and shrivelled, about 30 minutes. Let cool. (Make-ahead: Refrigerate in airtight container for up to 1 day.)
3. On lightly floured surface, roll out pastry into 25-cm (10-inch) square; transfer to second pan. Using fork, prick pastry at 2.5-cm (1-inch) intervals all over; refrigerate for 30 minutes.
4. Bake pastry in centre of 200 C (400 F) oven until light golden and puffed, 12 to 15 minutes. Let cool slightly.

THE CANADIAN PRESS

Makes 6 to 9 servings. **Calories:** 303 **Total Fat:** 20g

▶ Roasted Heirloom Tomato Tart.

5. Lightly brush pastry all over with some of the egg; sprinkle with cheese, leaving 2.5-cm (1-inch) border. Arrange red tomatoes in overlapping rows on cheese. Scatter yellow tomatoes over top; sprinkle with thyme.
6. Bake until golden and puffed, 12 to 15 minutes. Let cool for 5 minutes; cut into squares. Serve warm or at room temperature. (Make-ahead: Let cool. Cover and refrigerate for up to 1 day. Reheat in 180 C/350 F oven for 5 minutes.) THE CANADIAN PRESS

Liquid Assets

Summer beer

As much as a wine guy like me hates to admit it…summer really does belong to beer.

While no vinophile can deny a chilled brew's affinity for warmer weather; the fact that most are a perfect match for grilled grub is the thing (for me) that make them an undeniably indispensible beverage when it comes to the lazy, hazy, crazy days of August.

Though Spain certainly knows its way around a vineyard it's not the first country you think of when you're thirsty for a pint. Estrella Damm (500 ml, $2.15 - $3.04) has been brewed in Barcelona since 1876 and has a bit more weight than many of its European lager style competitors.

If you like your Germans a tad darker the Warsteiner Premium Dunkel (500 ml, $2.00 - $3.04) is a lightly toasted lager with a smooth flavour trail of coffee and dark caramel.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

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SHE SUGGESTED WAITING UNTIL HE WAS SOBER

How We Met: Michael & Candice

Names: Michael, 33, and Candice, 26

Hometown: Vancouver

Together since: 2008

Their story:

"I (Candice) worked as a manager for a poker company, and Michael was one of the owners of a venue that we rented ...

When I went to set up for a tournament, Michael was at the venue and he helped me unload some equipment.

I didn't see him again until months later, when we had rented his venue for another poker tournament. This time he had a friend with him and they both helped me unload the truck and set-up for the tournament.

I was blown away and thought that it was super nice of them. We had a few drinks and chatted afterward. I thought Michael was very handsome, but I actually ignored him a little because I assumed he was "a player" based on his good looks.

When I got home that night, I received a text message from Michael asking if it would it be inappropriate to ask me out sometime, since we somewhat worked together.

I replied that if he had the guts to ask me out when he was sober, I would think about it.

He called me first thing in the morning to apologize for his late-night text and he did ask me out again – sober! Many dates and two years later, we're still together and I'm glad I didn't judge this book by his cover!"

FOR MORE HOW WE MET STORIES, GO TO 2FORCOUPLES.COM

▶ Candice thought Michael was very handsome, but she worried his good looks meant he would be a player.

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▶ Using compact fluorescent bulbs is a good way to cut electricity costs.

Plug into savings on electricity bills

Changing appliances, switching to compact fluorescent bulbs can alleviate the cash drain

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

When certain costs get out of hand you have to take them in hand.

I'm mad as hell and I'm not going to take it any more. Electricity bills. I'm mad that the sector has been poorly managed nationally and there's still so little effort devoted to alternative sources.

I'm mad that time-of-use billing discriminates against stay-at-home parents, the disabled, the elderly and shift workers.

Last week the news was full of predictions about energy bills rising by double digits over the next few years nationally.

It's time to get even.

I'm never going to be the poster girl for electricity conservation. My husband and I both work and live in a rambling, leaky 160-year-old stone farmhouse. No mind! Here's how we tackled our consumption, determined to cut $150 monthly.

1. One wheezy beer fridge. Gone. And it was hauled away gratis.

2. Lights! Camera! Inaction! Lights off, natch, but we went after power bars, the satellite receiver and everything with a standby setting.

3. Bulbs. Went compact fluorescent throughout except where we need better illumination for reading.

4. Windows and doors. We replaced ancient windows and caulked like crazy.

The expense was offset to a degree by grants and last year's reno tax credit. We also installed storm doors.

5. Hot and Cold. We set the air conditioner higher and heat lower.

6. Furnace. We installed a device ($7 monthly rental) which maximizes burn rate and fan time.

7. Just dry me. The dryer is the biggie. It's a matter of pride that we only use it for emergencies.

Voilà! $150 saved monthly = $23,636 over 10 years at a five per cent rate of return.

Interest rates/ Savings accounts

BANK	RATE
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HSBC	0.70%
ING	1.50%
PCF	1.10%
RBC	1.0%
SCOTIA	1.15%
TD	1.10%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

KNOW THY INSURANCE BASICS

Though it's not pleasant to think about illness, disease, death, disability, floods, fires, accidents, or other awful events, catastrophes can happen and you need to be equipped with the right insurance to get you through.

The first rule of insurance is to insure for the major things and people in your life such as your house, vehicle, future earnings and life, in the event that you die.

Avoid insuring for petty things like extended warranties on computers, eye glasses and cars.

Pet and child life insurance are also a bad deal because your financial survival doesn't depend on the survival of your pets and children. Adult life and disability coverage is often sufficient for a family.

Next, opt for the highest deductible. The likelihood of something catastrophic happening is low, so you should always be able to afford the higher deductible, for example, $1,000 versus $500. Annual savings roll in at 15 to 20 per cent of the total premium paid when you select the higher deductible.

Low deductibles also give people incentive to file small claims more often. And when you file more claims, your premiums go up.

Take a breath and dive in

Frosh week provides training wheels for independence

JON TATTRIE
FOR METRO CANADA

The first week of university can be an overwhelming immersion in a new world, but experts say the best plan is to take a deep breath and dive in.

Adrian Lee, a Frosh co-ordinator at the University of King's College in Halifax, says you may be reveling in a new-found independence, but you should still listen to your frosh leader.

"The leaders have been there before and they know what's best and what it's going to take for you to have an optimal week orienting yourself to a completely new city and completely new friends," he says.

That includes learning to live on your own, either on campus or off. Where are the grocery stores? Which one offers student discounts on Tuesdays? How can you get your hair cut practically for free? Frosh leaders will tell you.

It's also a great chance to meet new friends and set yourself up with allies for the next four years. While booze has a long, respected role in frosh weeks, Lee says not everyone wants to end up drinking beer out of a shoe. He was a quiet frosh and therefore terrified. It worked out well, and soberly, for him.

Denea Campbell, an orientation coordinator at the University of British Colombia, says the top three goals are meeting new students, getting prepared for class and getting involved.

At UBC, the critical frosh day is Imagine UBC, where a senior student offers groups of 12 new and returning students a vast amount of information about their campus and city.

It can seem overwhelming and hiding in your spiffy new apartment may seem appealing, but Campbell says there will be lots of time to do that. There won't be lots of time to learn where the arts building is.

"I would recommend going to all of your classes — I mean, always go to class, but at least go on your first day and get the syllabus," she says.

$1M

The goal of Shinerama 2010, the cross-Canada frosh fundraiser for cystic fibrosis.

Point taken

- **The University of King's College literally has a cord-cutting ceremony to symbolize students leaving the tender care of their parents.**

ISTOCK

▶ Look to frosh leaders for guidance on orienting yourself to a new city and a new experience.

First-year students around the globe

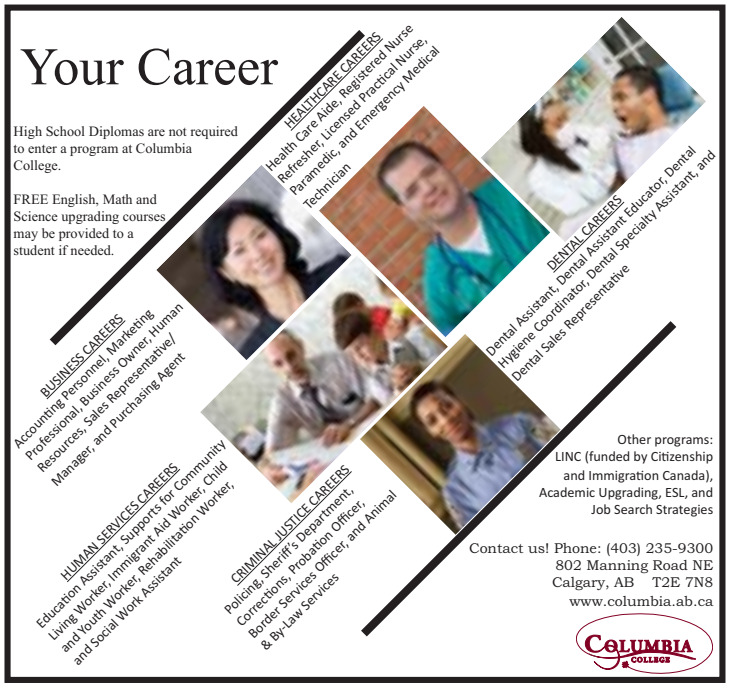
While Canadians are accustomed to the genderless term frosh, its roots are from freshmen, the term still used in much of the U.S. In the United Kingdom and Ireland, scholarly newbies are known as freshers.

South Africans starting their post-secondary education earn the more erudite nickname of learners. Swedish students humble first years with the term "nolla," which means zero, as in zero-year student.

New Zealanders, as is often the case, shorten the term freshman for the affectionate "freshies."

Australians cut to the chase with the vulgar acronym Jaffys. That stands for "just another freaking first year," only they don't say freaking.

JON TATTRIE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Dollars are important

RAF BRUSILOW
FOR METRO CANADA

The new semester is almost here and while getting good grades is important, making the grade financially can be just as crucial.

Kira Vermond, money columnist at Chatelaine magazine and author of the book Earn, Spend, Save: The savvy guide to a richer, smarter, debt-free life says expenses can add up quickly so taking a little care can help stretch your finances further.

While it's smart to stock up on school gear beforehand, try not to spend beyond what fits your needs, especially when it comes to technology.

"Do your homework before you buy — go online, find out if it's worth it."
KIRA VERMOND, AUTHOR

"Yes, having a computer is going to make your life easier, but you don't have to go out and buy the biggest and best. You also shouldn't buy a whole new wardrobe for the first day of school either because the prices will come down within a few weeks as all those summer clothes get discounted for winter gear," Vermond said.

With a limited budget, you want to make sure your money goes as far as possible so check reviews and online forums — there's nothing worse than realizing your brand new digital camera is a clunker that's half as good and twice as expensive as the previous year's model.

"Do your homework before you buy — go online, find out if it's worth it. There are so many reviews out there these days," Vermond said.

Credit cards often get offered out like candy on campus, many with some tempting promotions attached, but read the fine print before you commit to anything and stick to one card with a low limit, Vermond suggests.

As for entertainment, if a little liquid enjoyment is unavoidable then force yourself to budget your drinking money in the harshest way possible.

"If you're going to drink, leave your wallet at home. Just take some cash along and once it's gone, it's gone. Leave everything else at home," Vermond said.

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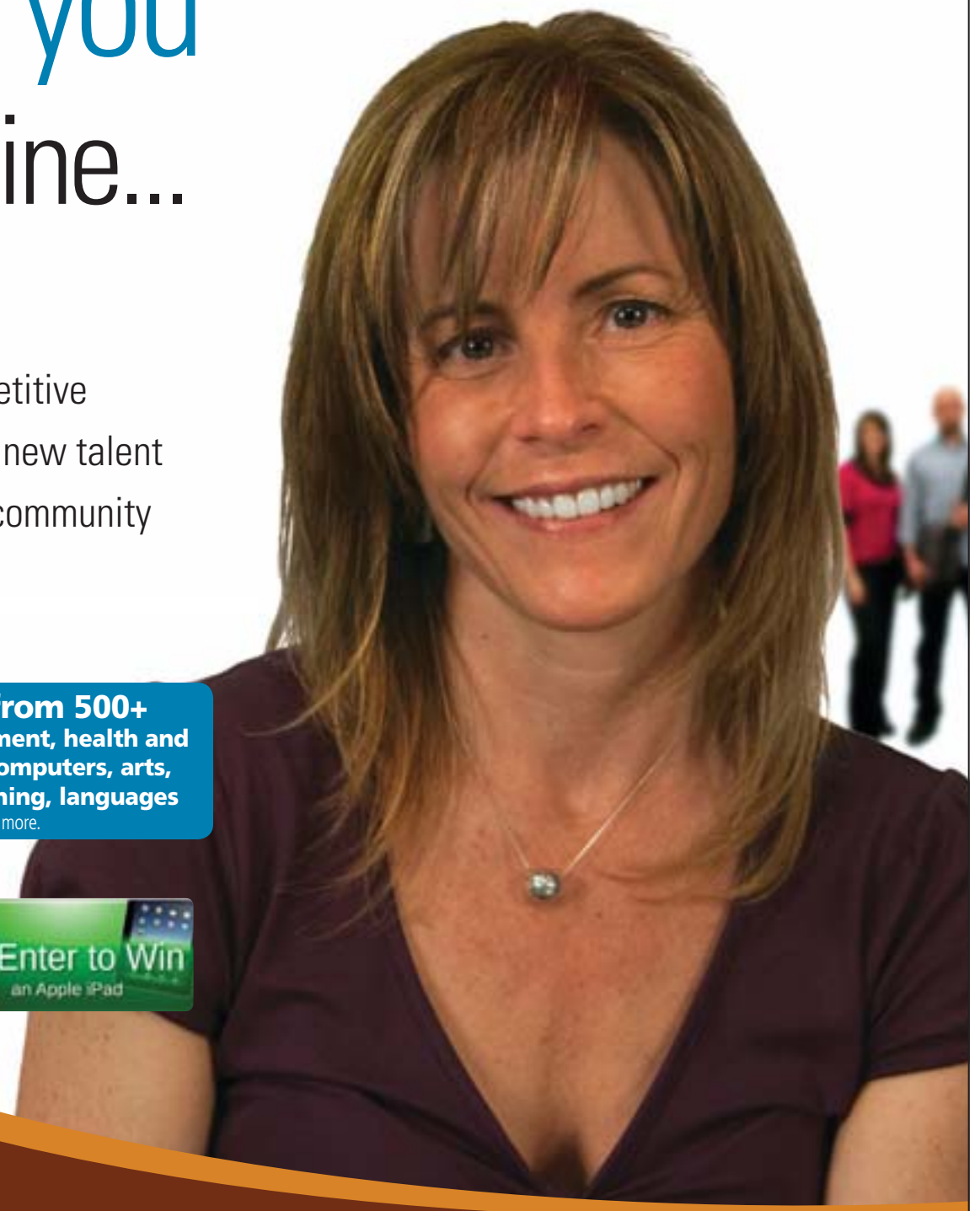

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Digital tech a great step

Program offered at ACAD opens doors for graduates

YONATHAN SUMAMO
FOR METRO CALGARY

A couple of recent alumni from the Alberta College of Art + Design (ACAD) said that their time in studying digital art was a beneficial one because of the independence it allowed them.

The Media Arts + Digital Technologies (MADT) is a Bachelor in Fine Arts offered at the college. It educates students on a wide range of platforms, including audio, video, 3D modeling and virtual reality.

Richard Spriggs, a graduate of the MADT program in 2005 said that the program was a great stepping-stone into his career of animator. He is currently working on the film Harry Potter and the Deathly Hallows with The Moving Picture Company in London, England. Previous films he has had a hand in creating include The Incredible Hulk and Gnomeo and Juliet.

For Spriggs, the program allowed him the freedom to express his art in anyway he could imagine.

"I liked how the MADT course encouraged you to use any form of media to create artwork," Spriggs explained. "I could draw, paint, use video, use computers, whatever I felt that would express my ideas best."

Another graduate, David Baumgart, completed his degree in 2007 and is currently working as a freelance digital artist on smaller scaled video games. He has also started an independent game company, Gaslamp Games, with a group of people in Victoria.

He said one of the reasons why he enjoyed the program was because it allowed him the option to choose his own path while studying.

"The program does not force rigor upon a student, it's really up to the student to put their effort into the program to get something useful out of it," said Baumgart, "I found if I took up a direction, the instructors would support me in it."

SUBMITTED PHOTO

▶ Crowd, provided by Richard Spriggs, is an example of his personal animation work.

ACAD offers lots of choice

ACAD provides a wide range of programs and degrees. There's the Bachelor of Fine Arts, which includes the Media Arts and Digital Technologies. There is also the Bachelor of Design, that has programs in photography as well as visual communication designs. Furthermore, there is the post diploma degree programs. This gives ACAD grads the opportunity to get a post diploma degree in either the Bachelor of Fine Arts or the Bachelor of Design after they complete a four year diploma in Visual Arts.

YONATHAN SUMAMO

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Rogers Cup. Homegrown giant-killer

▶ Peter Polansky pumps his fist after defeating Jurgen Melzer of Austria in Rogers Cup ATP tennis action in Toronto yesterday.

FRANK GUNN/THE CANADIAN PRESS

Polansky's upset thrills hometown fans at Rogers Cup

Canadian Peter Polansky has upset one of the top-ranked tennis players in the world.
The 22-year-old native of Thornhill, Ont., beat Austrian Jurgen Melzer in the first round of the Rogers Cup last night, grinding his way to a 7-6, 6-4 win in front of an appreciative centre-court crowd at Rexall Centre.
Melzer entered the Canadian tournament ranked 15th in the world, having appeared in the French Open semifinal, and having earned more than $1 million US in prize money so far this year. Polansky is ranked No. 207, with earnings of $27,052.

Arbitrator says no to Kovie's deal

- **Arbitrator upholds NHL's rejection of Kovalchuk's 17-year, $102-million contract with Devils**
- **Deal would have been longest and most severely tapered of 'front-end-loaded' contracts**

Ilya Kovalchuk is an unrestricted free agent for the second time this summer.

Independent arbitrator Richard Bloch ruled in favour of the NHL's rejection of Kovalchuk's 17-year, $102-million US contract with the New Jersey Devils.

The NHL team released a statement yesterday night saying it respects Bloch's ruling and indicated that it still hopes to land the talented Russian.

Kovalchuk agreed to the deal with the Devils on July 20, but the league ruled later that night that the landmark contract, the longest in NHL history, violated the salary cap.

The NHL Players' Association then filed a grievance disputing the ruling.

The NHLPA said in a statement that it was "disappointed with the arbitrator's ruling to uphold the NHL's rejection of the contract between the New Jersey Devils and Ilya Kovalchuk."

The NHLPA added it was "currently reviewing the decision and will have no further comment at this time."

In a brief statement, the NHL deputy commissioner Bill Daly said that Bloch's ruling is "consistent with the league's view of the manner in which the collective bargaining agreement should deal with contracts that circumvent the salary cap."

The league felt the Devils went too far in giving the 27-year-old Russian a contract that would pay $95 million over the first 10 years, but only $7 million over the final seven. That would reduce the cost against the salary cap to a relatively modest $6 million per year.

THE CANADIAN PRESS

4 sports

Quoted

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Playing with power

Blue Jays keep on hitting home runs Other teams concede homers are coming, try to limit damage

The year of the pitcher across the majors has been the year of the longball for the Toronto Blue Jays, who surely found the zenith of their season-long air show with an eight-home-run performance over the weekend.

For some perspective, Saturday's assault of shell-shocked starter James Shields and the Tampa Bay Rays was just the 20th time a big-league team has hit eight or more home runs in a single game, according to Elias Sports Bureau, and was two short of the record 10 the Blue Jays established against Baltimore on Sept. 14, 1987.

Consider, too, that there have been just 20 perfect games thrown in the majors.

Yet the fireworks were overshadowed by the excitement over prospect J.P. Arencibia's stunning two-homer, four-hit debut in the 17-11 win, and then nearly completely forgotten as Brandon Morrow came within an out of the franchise's second no-hitter in Sunday's 1-0 win.

99
The Jays rarely go deep with runners on. Of their 175 home runs, 99 were solo shots, 57 were two-run blasts, 17 were three-run drives, and two were grand slams.

The rarity of the power display, however, made it just as memorable as the efforts by Arencibia and Morrow, even if that was somewhat lost in the other buzz.

"I've never seen anything like that," marvelled Jose Bautista, whose major-league best 34th homer was No. 5 on Saturday for the Blue Jays.

The Blue Jays now have 175 home runs, tops in the majors, a full 28 ahead of the Boston Red Sox, who are in Toronto for the start of a three-game series tonight.

It's come to the point where teams concede that the Blue Jays are going to burn them with the longball, and focus more on damage control. That's exactly what Rays manager Joe Maddon was musing about Friday afternoon, shortly before his team's lost weekend in Toronto began.

"That's who they are, that's their nature," said Maddon. "You try to limit it as much as you possibly can, limit the number of people who are on base.

"That's your best recourse." THE CANADIAN PRESS

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ J.P. Arencibia runs home after hitting his second home run on Saturday.

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Hapless M's fire manager

Instead of leading Seattle to its first post-season spot since 2001, Don Wakamatsu lost games at a stunning rate.

Then, the Mariners manager lost his team — first franchise icon Ken Griffey Jr., then Chone Figgins.

Now, he's lost his job.

The last-place Mariners fired Wakamatsu yesterday, more than halfway through a season that began with a boosted roster and high hopes.

"I would like to thank the city of Seattle and all the baseball fans here in the Northwest for the great support offered to me during my time as Mariners manager," Wakamatsu said last night in statement released by the team.

"My single biggest disappointment is that we were not able to finish what we wanted to finish here, bringing a championship club to the fans.

"I cannot tell you how great the fans were to me, and to my family. The support I received here will always mean a great deal to me."

The Mariners started the day at 42-70, second to last in the American League.

They started the night with their fifth manager in three years plus one month. Daren Brown, the manager of triple-A Tacoma for the last four seasons, took over on an interim basis hours before a game against Oakland.

"It's frustrating," Mariners perennial all-star and cornerstone Ichiro Suzuki said, through his interpreter. "It's not just his responsibility (that we're losing). It's the whole team's responsibility."

Seattle also fired bench coach Ty Van Burkleo and pitching coach Rick Adair, and released performance coach Steve Hecht.

Wakamatsu is a former bench coach for the Athletics and Rangers and long-time coach in the Angels system. He had guided Seattle to an 85-77 record in his first season, after taking over a team that went 61-101 in 2008. THE ASSOCIATED PRESS

OTTO GREULE JR/GETTY IMAGES

▶ Don Wakamatsu

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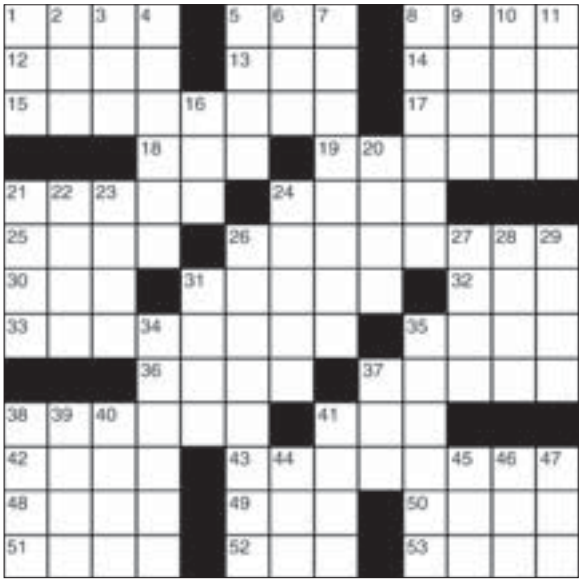
Crossword



Across
1 Talon
5 Calendar abbr.
8 Movie pig
12 Gaucho's weapon
13 Judge Lance
14 Eye part
15 Gilbert's partner
17 Guys' companions
18 "CSI" evidence
19 Bite a bit
21 Streamlined
24 Conflagration
25 Home turf?
26 "Midnight in the Garden of Good and Evil" setting
30 Actress Gardner
31 "Nevermore" sayer
32 Id counterpart
33 Points of perspective
35 Newman or McCartney
36 Responsibility
37 Blender setting
38 Palin territory
41 Melody
42 Works on 25-Across
43 Germane
48 Shrek, e.g.
49 Sphere
50 Great Lake
51 Piano array
52 Vast expanse
53 Holler

Down
1 Couric's network
2 Gehrig or Brock
3 Every iota
4 Thoreau's getaway spot
5 Prima donna
6 Greek vowel
7 Plots slyly
8 London landmark
9 Speedy steed
10 Chelsea's dad
11 Being, to Brutus
16 Squid squirt
20 Persia, now
21 Czech or Croat
22 Volcano outflow
23 Actor McGregor
24 Most popular ones, for short
26 Giant cacti
27 In the neighborhood
28 Malaria symptom
29 Golf goal
31 File crosser
34 Hurls
35 Supply provisions
37 Chart format
38 Uncontrollable
39 Theater box
40 All messed up
41 Jessica of "Fantastic Four"
44 Before
45 Exist
46 Zero
47 — Aviv

▶ Yesterday's answer

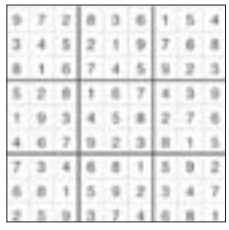
Sudoku

			1		7	6	9	
7	6				3		2	
2		1	4			7		
5	3		9		2	4		6
4		6	3		8		7	9
		5			9	8		3
	2		6				5	7
	7	3	5		1			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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To the person who found my Metropass on Gerrard Street and handed it into the TTC: A big, wet sloppy kiss of thanks!
ROBYN

Glen, baby, I'm so lucky to wake up to you every morning and have your strong arms protect me every night. Love you hubby!
XOXO MUAH! DAVID

CWBM - One year and two months. The best of my life. Having you has been the greatest gift I have ever received. I love you - more than yesterday, less than tomorrow.
ALWAYS, MARC

My dear Ruslan You mean a lot to me ... Even now. Kiss You. **YOUR IROCHKA**

I love you babe and can not wait till we are together again.
WILLIAM

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 10° Max 23°	Min 9° Max 26°	Min 11° Max 23°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19
Today's new moon will help you focus on what is truly important. This is potentially one of the best times of the year for you.

♉ Taurus April 20-May 21 Get the balance right today. Spend some time helping a loved one overcome their personal problems, but also take advantage of an opportunity to move up on the work front.

♊ Gemini May 22-June 21
What takes place today may appear to have arrived out of the blue but in reality it has been building up for some time. Don't try to dodge the issue: Face up to the challenge and turn it into an opportunity. It can be done.

♋ Cancer June 22-July 22
Among other things the current cosmic alignment will help break the deadlock in your financial and business affairs, so don't lose heart. Your money situation could be better, but it could be worse!

♌ Leo July 23-Aug.23 A new moon in your sign means a new start is possible in whatever area of your life you think needs it most. You have wasted too much time and too much energy on things of no consequence.

♍ Virgo Aug. 24- Sept. 22 You have the power to change your life for the better, but do you have the confidence to use that power? Show the world what you can do. Now!

♎ Libra Sept. 23-Oct. 23 Some major changes are about to take place, changes that will be to your benefit, but you will achieve more if you join forces with people who share your aims.

♏ Scorpio Oct. 24-Nov. 22 You need to wise up about something that, in all honesty, you have been a little naïve about in recent months. It's a tough world out.

♐ Sagittarius Nov. 23-Dec. 21 Everything may be going well for you at the moment but you know from long experience how quickly things can change, so put your own interests first and make sure you keep a little something in reserve — just in case.

♑ Capricorn Dec. 22-Jan. 20
You may want to believe that everyone is on the same side but as there are large sums of money involved you must not take anything for granted.

♒ Aquarius Jan. 21-Feb. 18 A new moon in your opposite sign of Leo indicates that if you confront your emotions openly and honestly your most important relationship will move to a more enjoyable level.

♓ Pisces Feb. 19-March 20 You may be tempted to stick with what you know and trust and do things the way they have always been done, but the planets urge you to be more adventurous. A new approach now will bring big rewards later. SALLY BROMPTON

Caption contest

TRISNADI/THE ASSOCIATED PRESS

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

CHRIS RADBURN/THE ASSOCIATED PRESS

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Aug. 14 & 21 • 1 wk.
$729
+Taxes & other fees (including service charges): $228

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Sept. 2 & 4–25 • 1 wk.
$989
+Taxes & other fees (including service charges): $326
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Sept. 2 & 4–25 • 1 wk.
PRIVILEGES
$1039
+Taxes & other fees (including service charges): $326

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Bahia Samana Roulette • 4★
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$569
+Taxes & other fees (including service charges): $325

Puerto Plata via Toronto
Bahia Principe San Juan • 4★
All-Inclusive • Standard rm.
Sept. 3–24 • 1 wk.
$599
+Taxes & other fees (including service charges): $325

ANTIGUA via Toronto

Jolly Beach Resort & Spa • 3 1/2★
Standard oceanview rm.
Sept. 4, 11 & 18 • 1 wk.
$1229
+Taxes & other fees (including service charges): $259

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 4, 11 & 18 • 1 wk.
$1329
+Taxes & other fees (including service charges): $248

MEXICO

Puerto Vallarta/ Riviera Nayarit
Meliá Puerto Vallarta • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 4–25 • 1 wk.
PRIVILEGES
$929
+Taxes & other fees (including service charges): $280

Dreams Villamagna Nuevo Vallarta • 4 1/2★
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Junior suite tropical view with jacuzzi
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PRIVILEGES
$1039
+Taxes & other fees (including service charges): $280

Cancun/Riviera Maya
Grand Sirenis Riviera Maya Hotel & Spa • 5★
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+Taxes & other fees (including service charges): $290

Gran Bahia Principe Coba • 5★
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$1189
+Taxes & other fees (including service charges): $290

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